

PHYSICAL FITNESS TEST SCORECARD FOR USMEPCOM MARINE CORPS MEMBERS For use of this form, see USMEPCOM Reg 350-1				FOR OFFICIAL USE ONLY	
DATA REQUIRED BY THE PRIVACY ACT OF 1974					
Authority 5 USC 301 Principal Purpose To provide the Command training coordinator with a form to record physical readiness testing results. Routine Use For officials and employees of the Department of Defense in performing their official duties of administering the physical training program. Disclosure Disclosure is necessary to record member's physical fitness test results. Failure to provide the requested information may warrant administrative action.					
1. Name: _____ Last First Middle				2. SSN: _____	
	3. Date: _____ 4. Age: _____		7. Date: _____ 8. Age: _____		
	5. Performance	6. Score	9. Performance	10. Score	
	Pull-ups/flexed-arm hang				
	Sit-ups				
Run					
Total score					
	11. Date: _____ 12. Age: _____		15. Date: _____ 16. Age: _____		
	13. Performance	14. Score	17. Performance	18. Score	
	Pull-ups/flexed-arm hang				
	Sit-ups				
Run					
Total score					
19. Standards for total scores	Age	Age	Age	Age	
	17 - 26	27 - 39	40 - 45	46 +	
Classification	Scores				
1st Class	225	200	175	150	
2d Class	175	150	125	100	
3d Class	135	110	85	65	
Superior physical performance for USMEPCOM Marine Corps members is 285 or higher.					